

No Gi Submission Grappling Chokes
by
Ken Primola, BJJ Black Belt

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PLEASE READ PRIOR to Practicing!

DISCLAIMER:

This book is for educational purposes. The author of this book or anyone affiliated with, is not held responsible in any manner whatsoever for any adverse effects arising directly or indirectly as a result of the information provided in this book. If not practiced safely, martial arts can be very dangerous to you and to others. It is very important to research a trained professional teacher who practices safety. I also highly recommend seeing a physician prior to practicing any of the techniques in this book to make sure you are physically able.

Acknowledgments:

I would like to express my great appreciation to all of the Brazilian Jiu-Jitsu athletes throughout the world, without you this book would not be possible.

Also, to Kelvin, Katie, and to all of my other students for taking the time to help me make this book a reality.

Special thanks to my coaches and mentors: Phil and Rick Migliarese, for their continued support; Buiu and Robson Moura, for their mentoring, and to all my students who I have learned so much from, more than I could have ever taught.

Thanks to my parents and family, for supporting every endeavor I encounter and each challenge that I meet.

Introduction:

Brazilian Jiu-Jitsu (BJJ) chokes are an essential part of your overall game. To attempt any choke hand positioning and timing are of vital importance. I wrote this book in order to demonstrate and educate you regarding choke options. In some sections of this book I show set ups and sequencing where necessary. It is up to you to practice and combine these techniques or add them to your already evolving game. I recommend you practice each movement to your liking and work your way through each technique slowly and efficiently. Once you become proficient, I believe you will then discover how well they can adapt to your game.

I also highly recommend supplementation from your instructor or from other instructional materials you may use. Please see our other books for further BJJ knowledge. If you have any questions contact me on facebook at [facebook.com/kenprimo](https://www.facebook.com/kenprimo).

About the Author

“Jiu-Jitsu is a state of mind” -Ken Primola

Ken Primola, J.D., is a Brazilian Jiu-Jitsu Black Belt under the Relson Gracie Lineage. Ken's direct instructors are the world renowned Professors Phil and Ricardo Migliarese, under whom Ken began BJJ almost fifteen years ago. Since beginning, Ken taught for many years at Phil's main academy and now has his own academy in Wilmington, Delaware. Ken has accomplished much as a competitor, including winning the Masters World Championships in Brazil and winning the Adult Pan Am Championships in America, among other regional titles.

Ken has a unique perspective in this sport because he began his grappling career as a wrestler at the young age of twelve and continued with it until graduating from college (ending up a Division I varsity competitor). Wrestling encompasses a lot of grappling elements similar to BJJ, and it enabled Ken to transfer over to BJJ quite easily. Studying BJJ also helped him better understand his wrestling. Although his wrestling background also caused some setbacks, such as encouraging the use of too much aggression, it was, overall, a great start.

Coming from this background, Ken's authority on BJJ comes as an expert competitor, experienced practitioner, and global teacher. For many years Ken has examined the learning process of BJJ. Ken believes starting BJJ is a delicate stage for most students, and this can determine their future. To help newcomers and veterans alike, Ken has authored a number of tutorial DVDs, designs fashionable BJJ

wear, and often records free techniques that can be found at his website: www.iloveBJJ.net. Alone, Ken's You Tube channel ([www.youtube.com/ kenprimo](http://www.youtube.com/kenprimo)) has over 5 Million views worldwide and is rapidly growing.



1.
Kelvin is looking for a takedown by attacking Ken's legs.



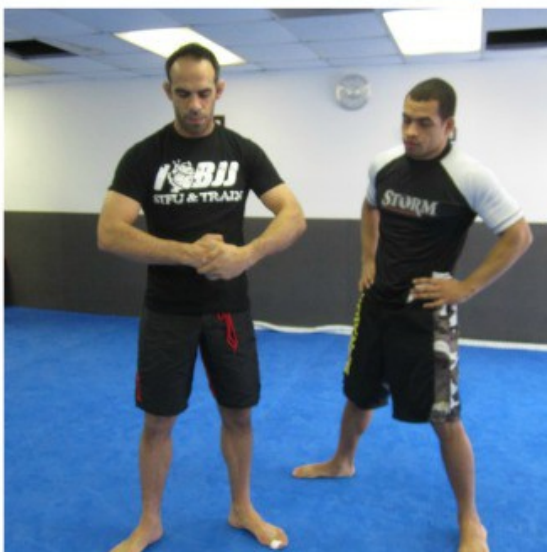
2.
Ken presses Kelvin's head down with his left hand and circles his right hand over Kelvin's head.



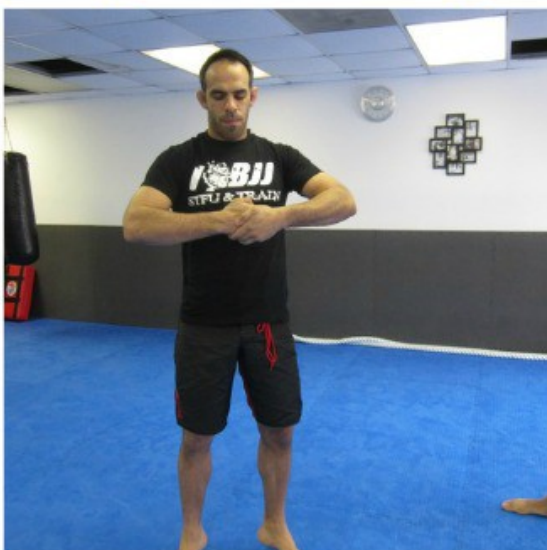
3.
Ken has gripped his hands together. This grip detail is shown in step 5.



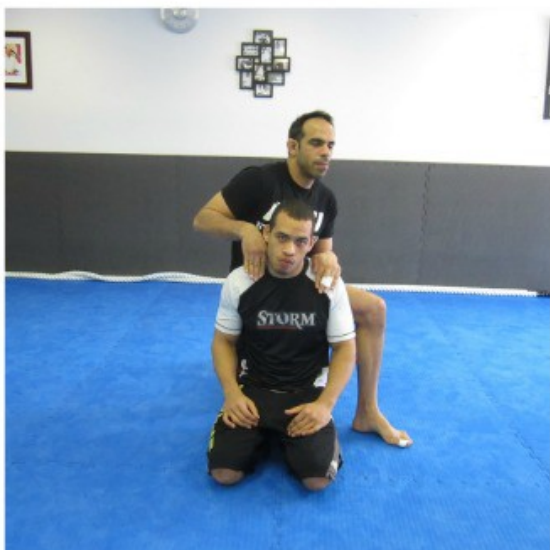
- 4.**
 Now Ken lifts his elbows
 up and brings his hips
 forward. Ken is on his toes.



- 5.**
 Ken shows his grip.
 Ken wants to use his
 wrist-blade to choke
 Kelvin.



- 6.**
 Ken shows his lifting
 motion. Notice Ken's
 elbows lift up and not
 to one side.



1.
Ken seeks to attack Kelvin's neck. Ken comes down with his left hand following Kelvin's ear and jawline.



2.
Ken's hand is straight and sharp as it comes down.

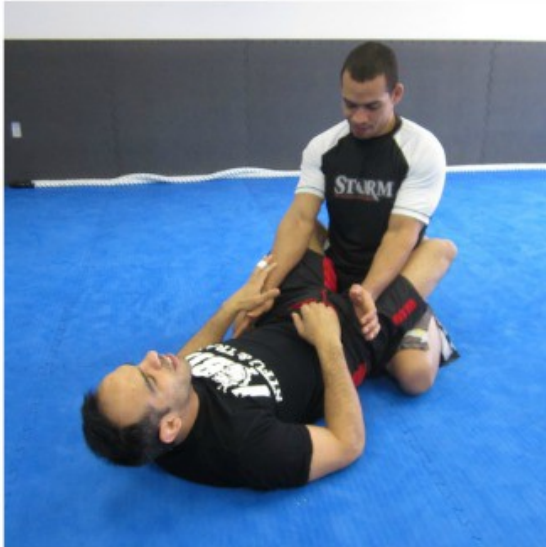


3.
Ken lines his elbow up to Kelvin's chin. Ken does not want to give Kelvin any space to grab his elbow.

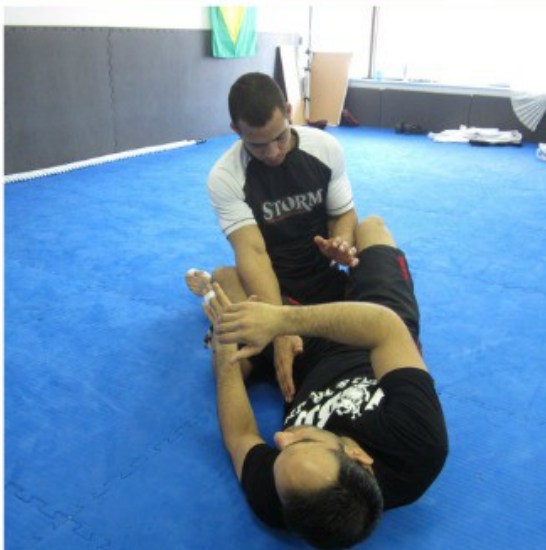


4.
Ken grabs his own
bicep near his shoulder.
Ken's right hand combs
the back of Kelvin's head.





1.
Ken has Kelvin in his closed guard. Kelvin is postured far back.



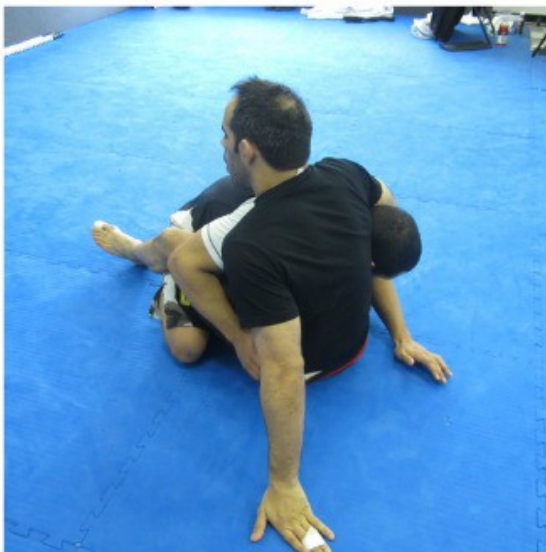
2.
Ken moves his hips out to one side.



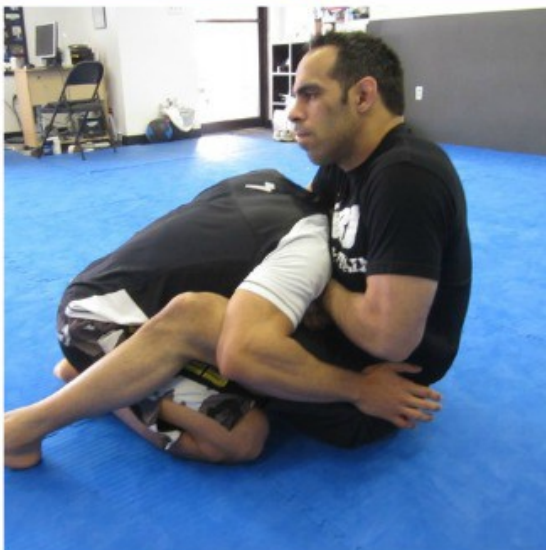
3.
Ken comes up for a hip bump sweep because Kelvin's posture is far back.



4.
Kelvin comes down
and Ken shoots his
right arm up.



5.
Ken brings his
right arm around
Kelvin's head and
uses his left hand
to post and scoot back.
Ken also uses his heels
to scoot back.



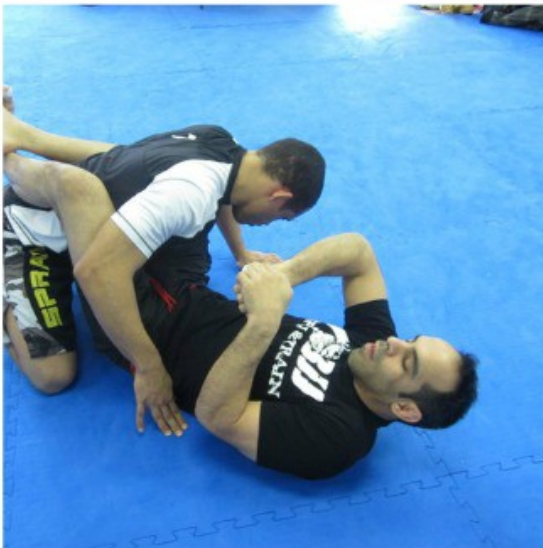
6.
Ken created enough space
to bring his left hand to grip
his right. Ken's left elbow is
tight to his body. Ken keeps
his knees up and tight to
Kelvin's body so Kelvin
cannot hop around.



7.
**Ken drops back
and locks his legs
around Kelvin's
body.**



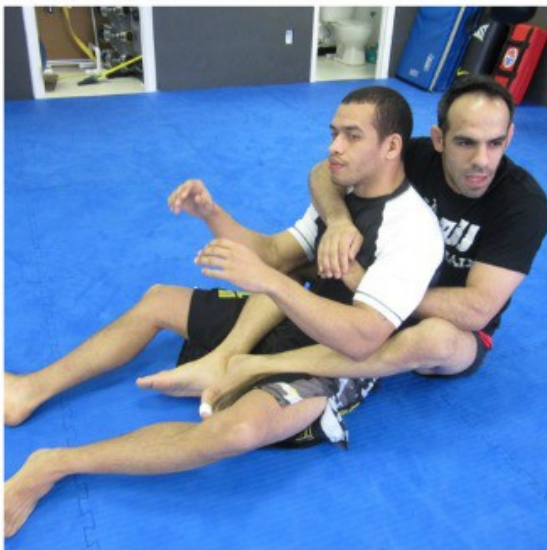
8.
**Ken kicks Kelvin's hips
away with his legs
and pulls his elbows
up for the choke.**



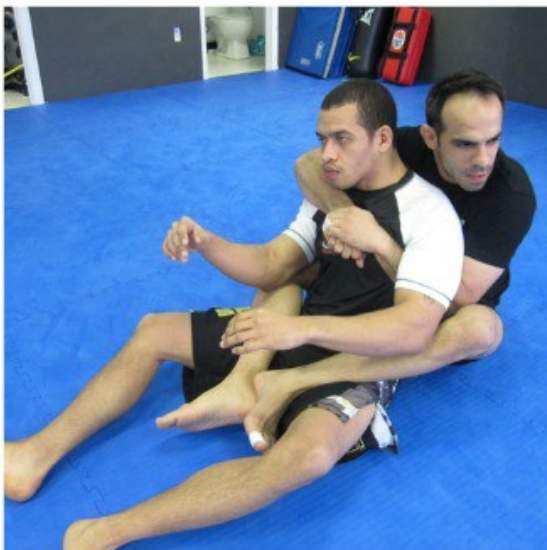
9.
**Ken shows the hand
position of the choke.**



1.
Ken has Kelvin's back.



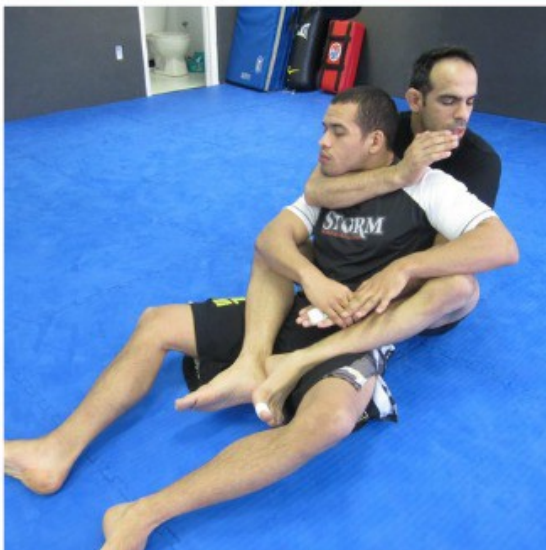
2.
**Ken pulls Kelvin back
and has a seatbelt grip.**



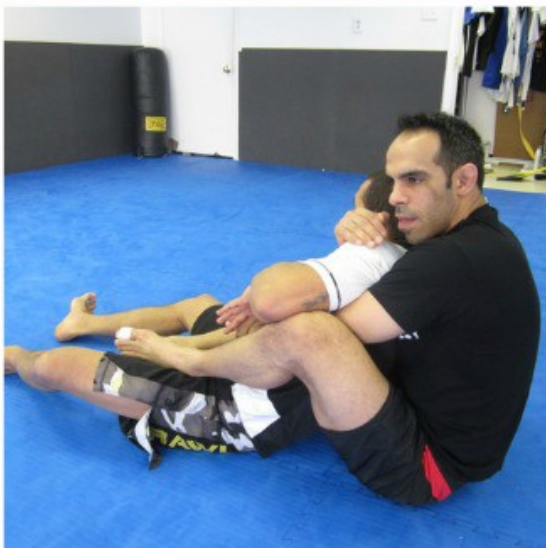
3.
**Ken has his left hand
over his right.**



4.
Kelvin attacks the top hand.



5.
Ken does not fight it and allows Kelvin to press the hand down. Ken quickly drives his right hand through.



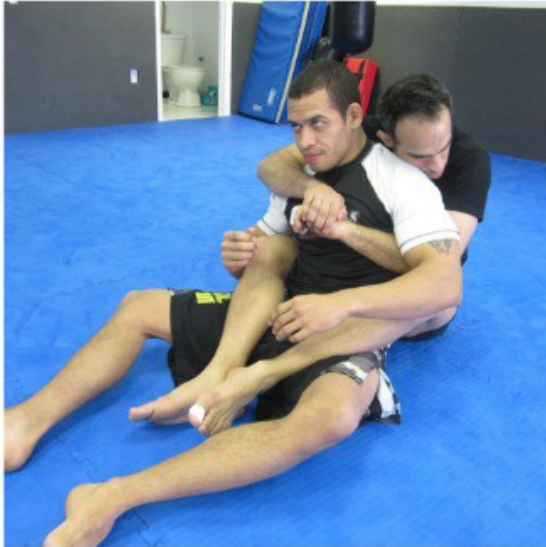
6.
Kelvin still has Ken's left hand. Ken brings his knee to Kelvin's elbow and will pull his arm out.



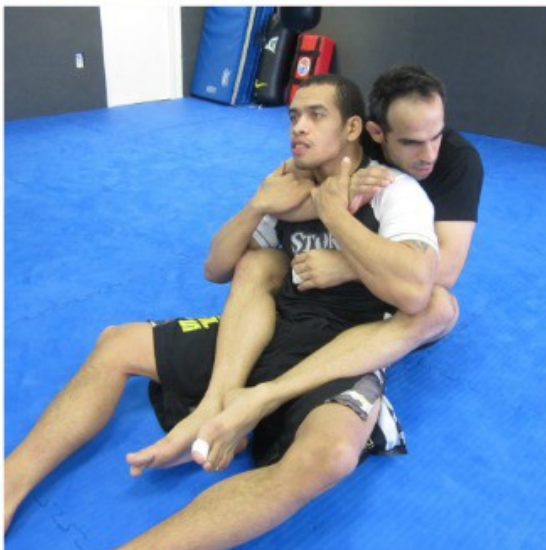
7.
Ken pulls his arm out.



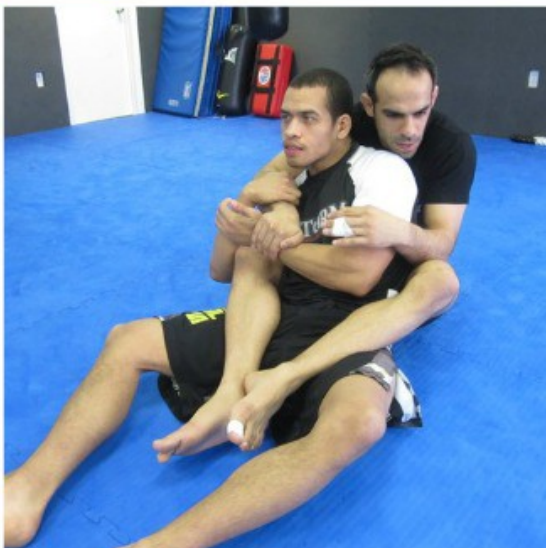
8.
Ken brings his left hand in to finish the rear naked choke.



1.
Ken has a seatbelt grip on Kelvin. Ken's right hand is over his left.



2.
Kelvin attacks the top hand by pulling down with both hands.



3.
Ken turns his right hand out and presses down on Kelvin's grips. Ken does this to temporarily block Kelvin so he can sneak his left hand through.



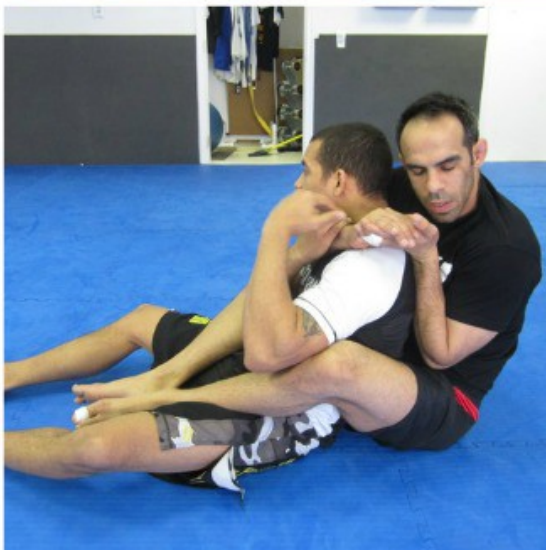
4.
Ken comes deep
with his left hand
and brings his
head to the opposite
side.



5.
Ken sinks the choke.



1.
This time Ken reaches across the neck and Kelvin is pulling down.



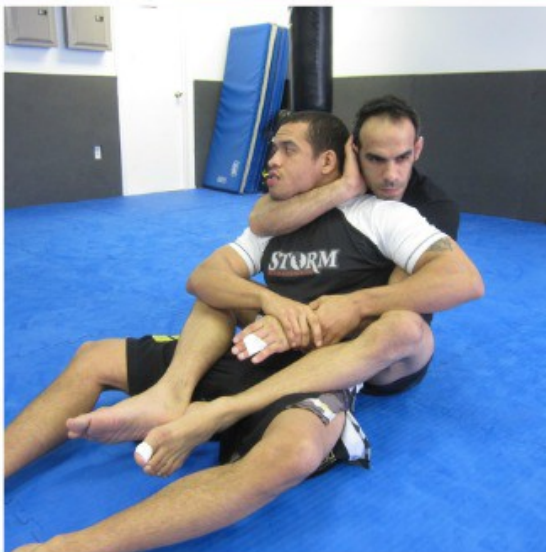
2.
Ken immediately brings his left hand up. Ken's right palm is over his left hand.



3.
Ken presses his elbow into Kelvin's back and presses his hips forward. This choke may hurt the neck so be careful.



1.
Ken has one hand
in for the choke
and Kelvin has the
other hand trapped.



2.
Ken grabs his
own head.



3.
Ken turns to his
right, inhales, and
then squeezes for
the choke.



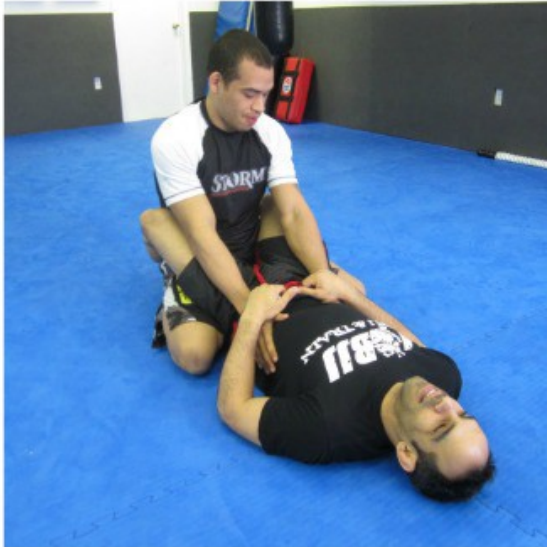
**1.
Kelvin is blocking
with his chin.**



**2.
Ken turns his palm
facing away.**



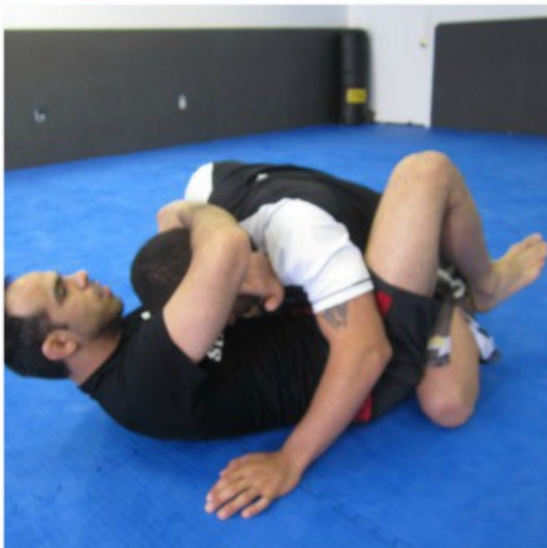
**3.
Ken now turns his
hand up. You may have
to do this a few times
to open up the neck.**



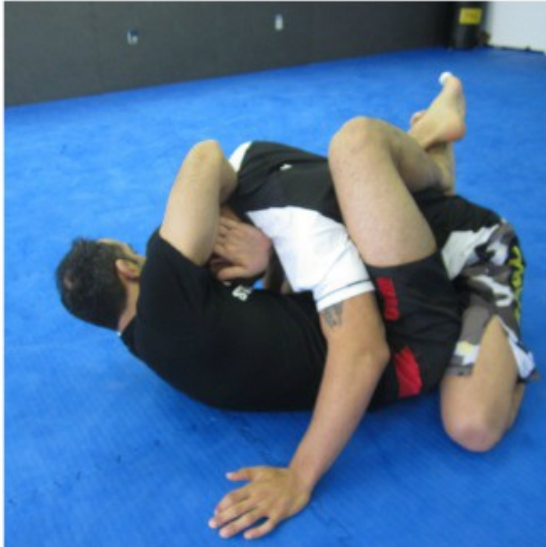
1.
Ken has Kelvin in his closed guard.



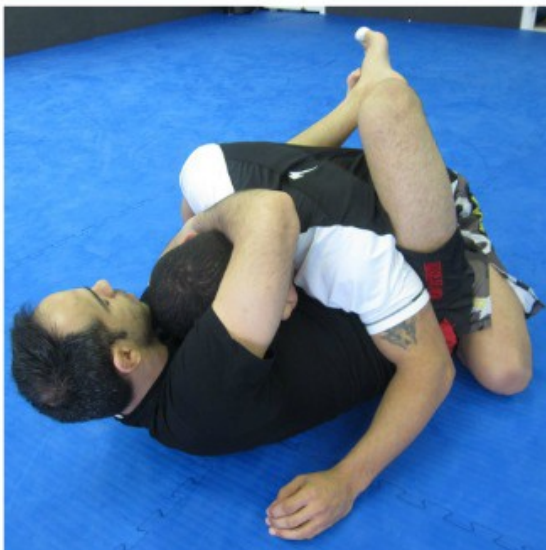
2.
Ken breaks Kelvin's posture (at your discretion regarding how).



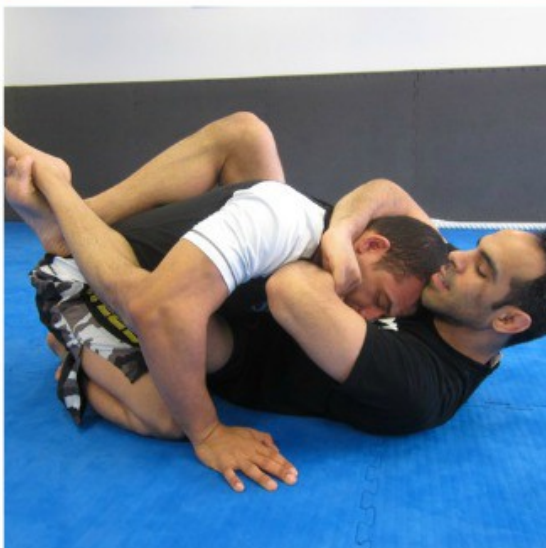
3.
Ken slides his left hand through to his far elbow crook. Ken opens his feet.



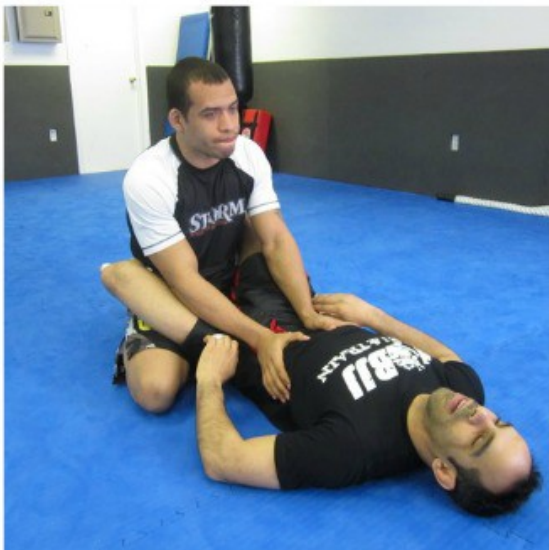
4.
**Ken clasps his feet
again after he shifts to
his right.**



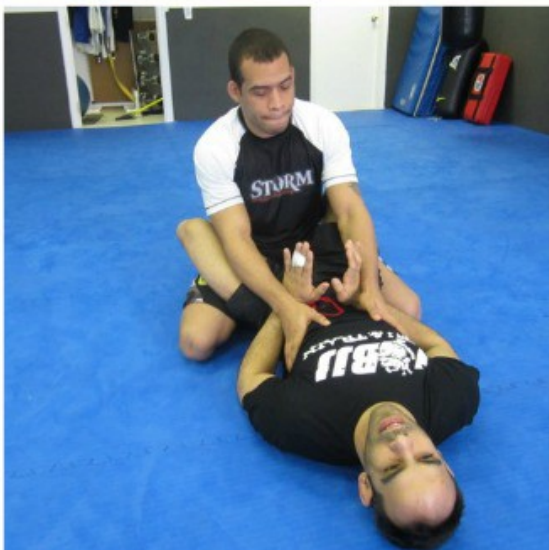
5.
**Ken raises his
right elbow.**



6.
**Ken brings his right
hand inside his
other elbow. Ken
kicks his feet away
and squeezes.**



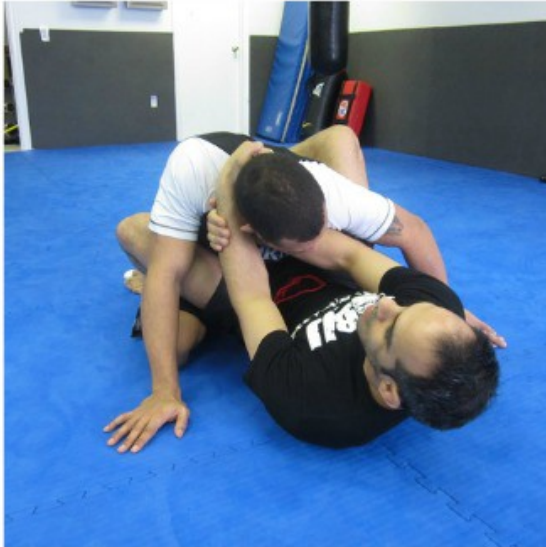
1.
Ken has Kelvin in his closed guard.



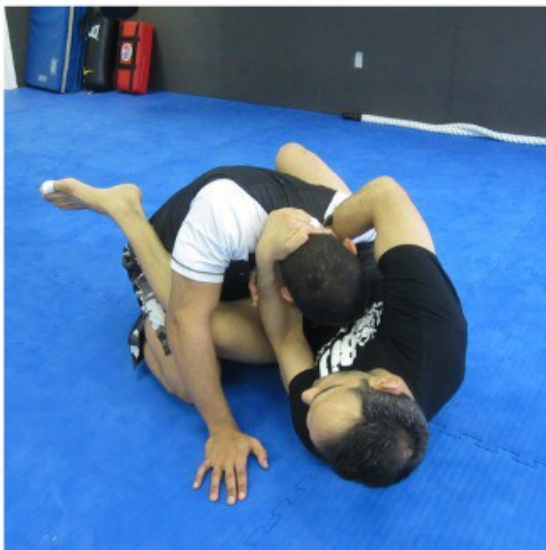
2.
Ken comes inside and out to break Kelvin's posture.



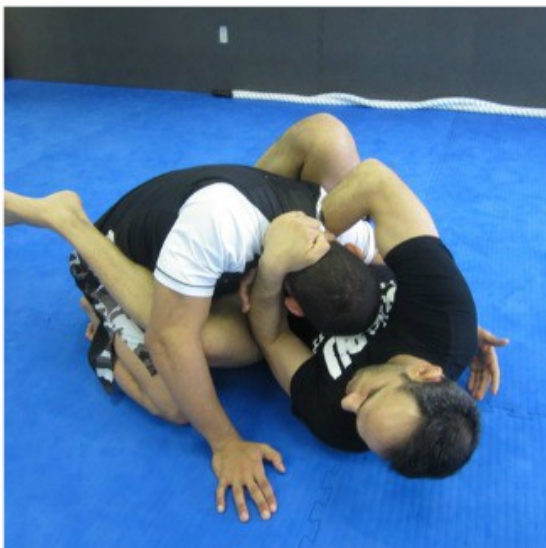
3.
Ken grabs Kelvin's head with his left hand.



4.
Ken brings his right hand to his left wrist, palm facing toward himself.



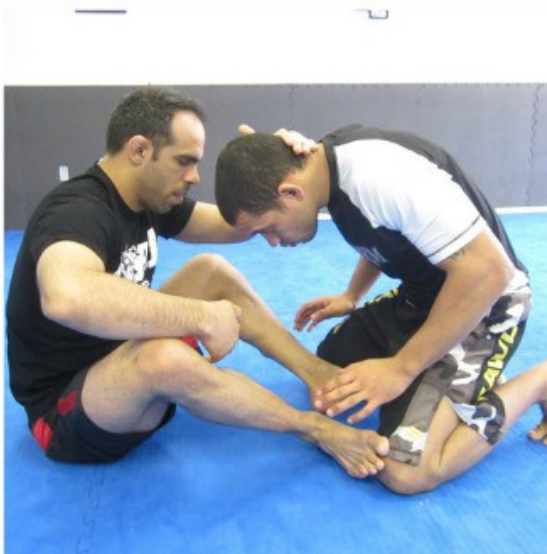
5.
Ken moves to his right side by placing his right foot on the mat or hip.



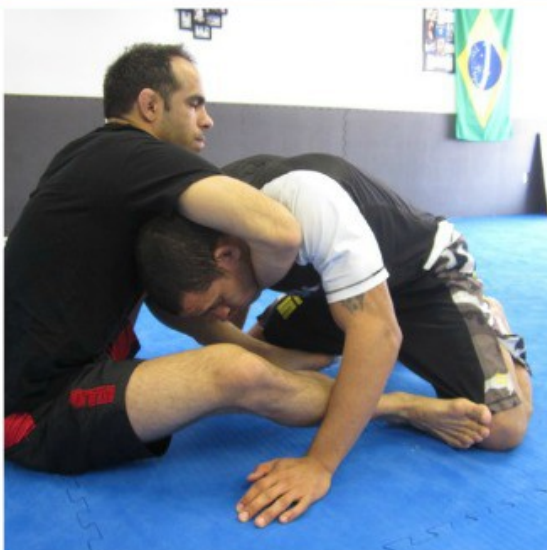
6.
Ken lifts his right elbow and presses Kelvin's head down with his left hand.



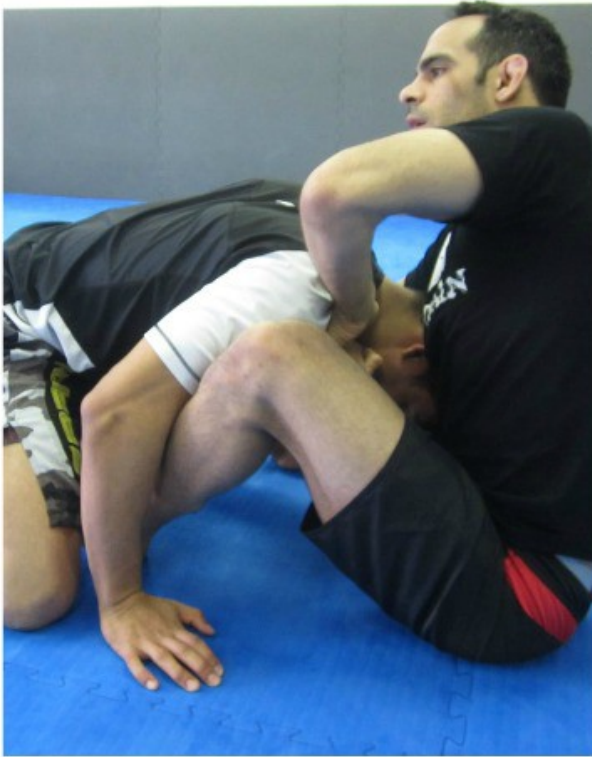
1.
**Kelvin comes in
with his head first.**



2.
**Ken uses his left hand
to press Kelvin's
head down.**



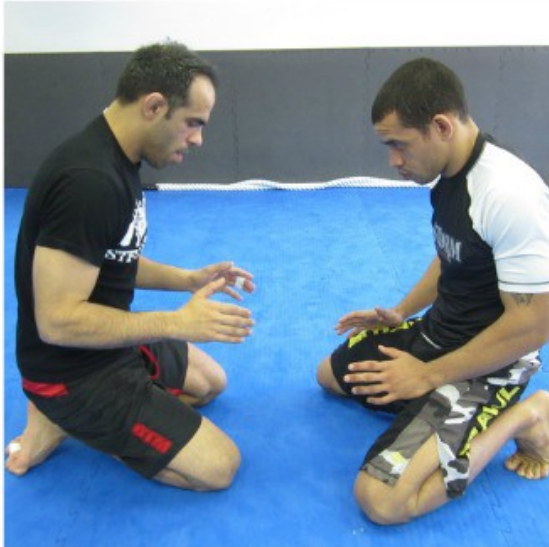
3.
**Ken kicks Kelvin's
knee out and brings
his right arm and
shoulder over Kelvin's
head.**



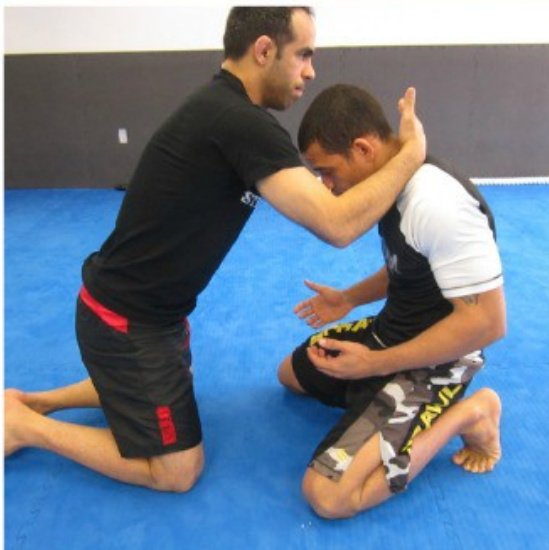
4.
**Ken brings his left
hand on top of
his right.**



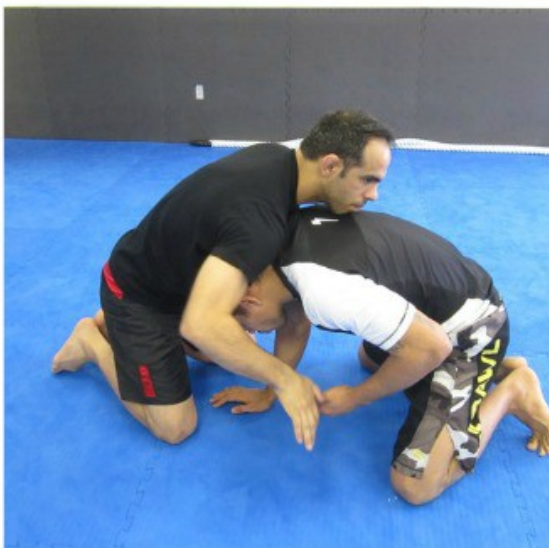
5.
**Ken lifts his elbow
and places it on
Kelvin's back.
Ken's knees are
inside and may
block Kelvin's
hands.**



1.
**Ken and Kelvin are
on their knees facing
each other.**



2.
**Ken perches up
and presses Kelvin's
head down.**



3.
**Ken pulls Kelvin's
head down and brings
his chest on top of
Kelvin's head and neck.**



4.
**Ken comes up higher
 with his chest so Kelvin
 cannot easily fall back
 to his guard.**



5.
**Ken gets on his toe
 Ken lifts up with his
 elbows and presses
 his hips down.**



6.
**Ken shows the grip
 he uses for the choke.**



1.
Ken and Kelvin
are on their knees
and Ken's right
knee is up.



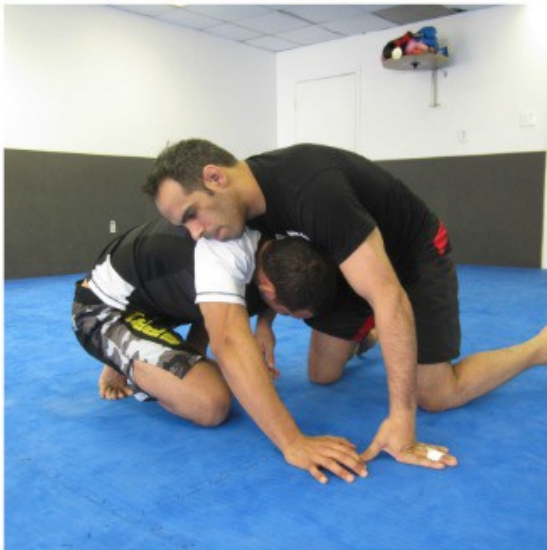
2.
Kelvin grabs Ken's
ankle.



3.
Kelvin pulls Ken's
leg and Ken grabs
near Kelvin's tricep.



4.
Kelvin pulls further.



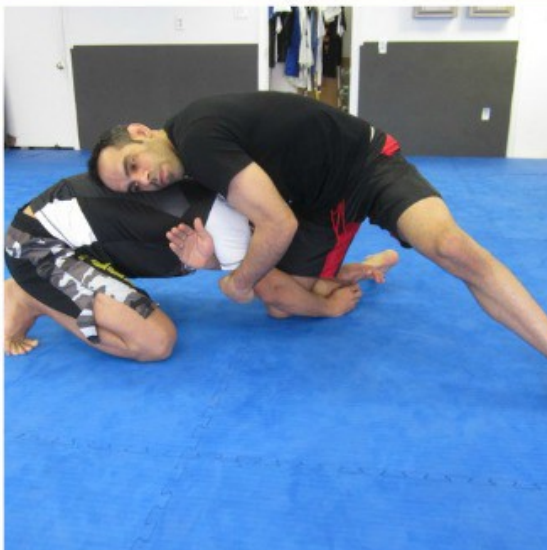
5.
Ken comes to his knees and kicks his right leg back.



6.
Ken is using a whizzer on Kelvin's arm. Ken kicks his right leg back and turns his hip inside.



7.
Kelvin still holds
Ken's leg. Ken now
brings his right arm
inside.



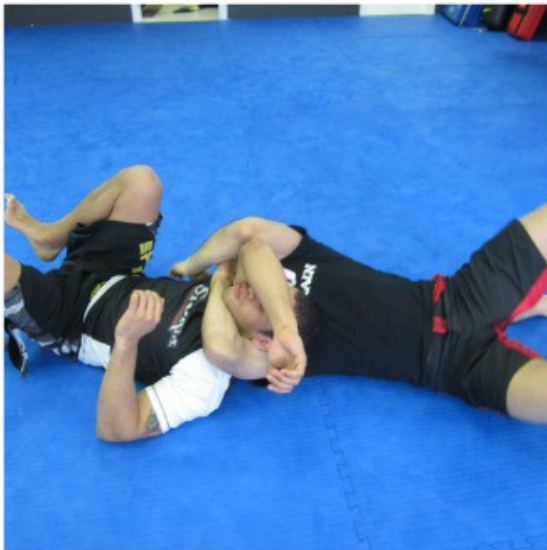
8.
Ken brings his right
hand deep as he picks
up Kelvin's elbow with his
left hand.



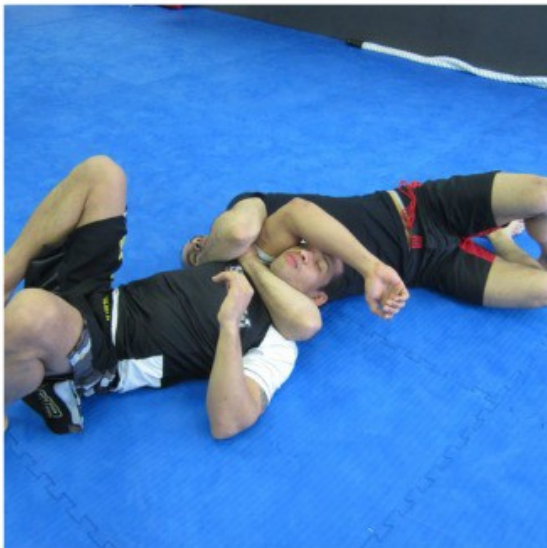
9.
Ken has effectively
scooped Kelvin's upper
body.



10.
Ken pulls Kelvin's upper body up and dips his head underneath.



11.
Ken rolls through. As Ken rolls through he shoots his left hand through over his bicep and toward the back of Kelvin's shoulder.



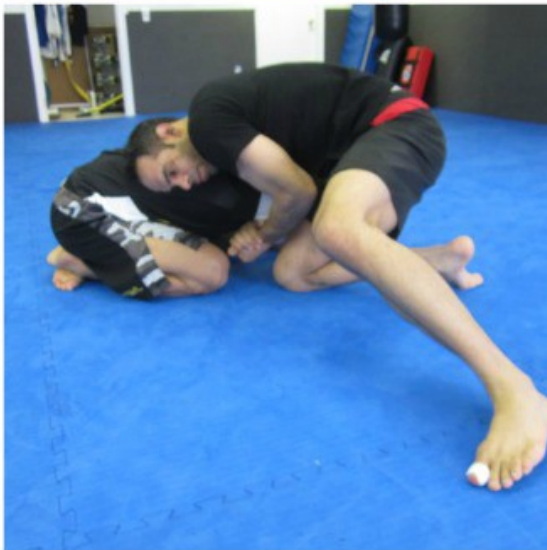
12.
Ken circles to his left.



**13.
Ken squeezes
and turns towards
Kelvin's legs.**



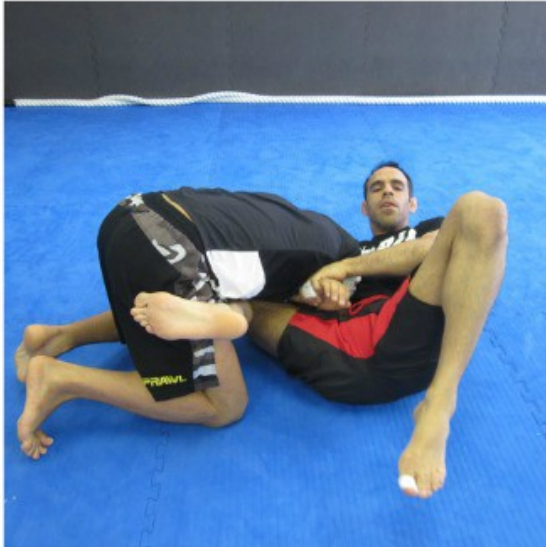
1.
**Ken has a head and
arm lock on Kelvin.**



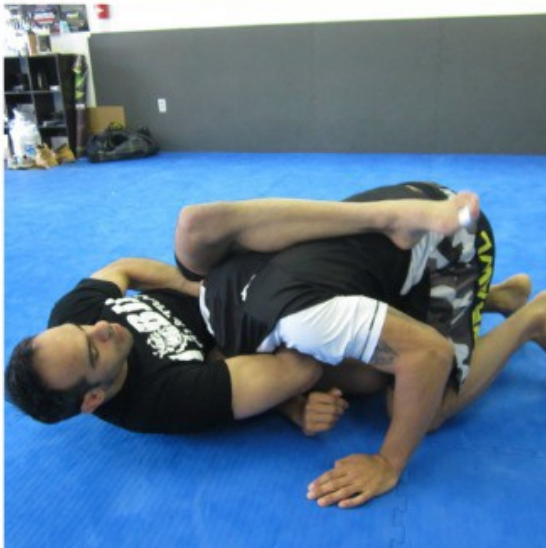
2.
**Ken pulls up and
brings his right knee
behind Kelvin's elbow.**



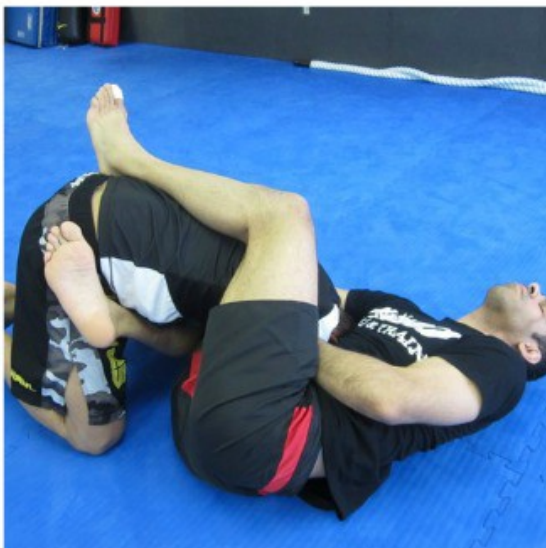
3.
**Ken brings his right
knee to Kelvin's hip
and swings his left
leg around.**



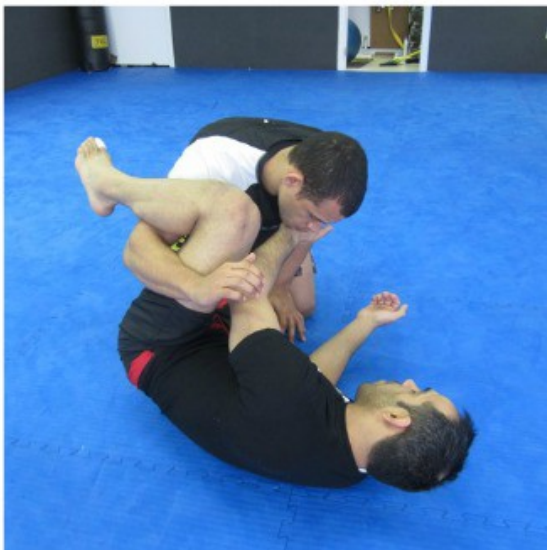
4.
Ken lays back and
has a tight grip.



5.
Ken kicks his left
heel on top of Kelvin's
back. Ken's knee and
heel should allow time to
get the choke before Kelvin
escapes his hips.



6.
Ken pulls straight
back for the choke as
he pushes his right knee
toward Kelvin, pushing
Kelvin's hips away.



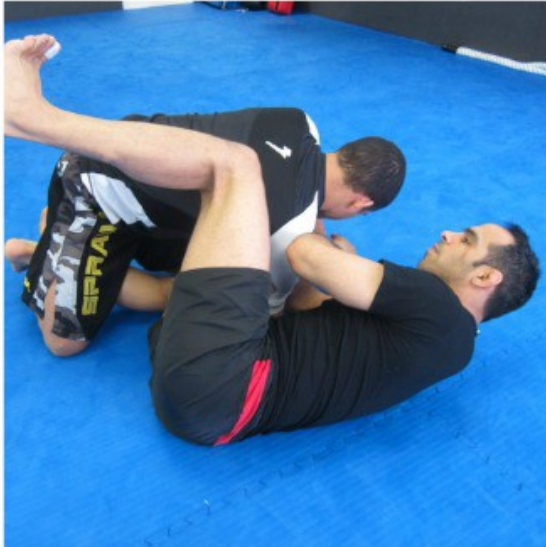
1.
Kelvin is attempting to stack Ken. Ken is framing across Kelvin's neck.



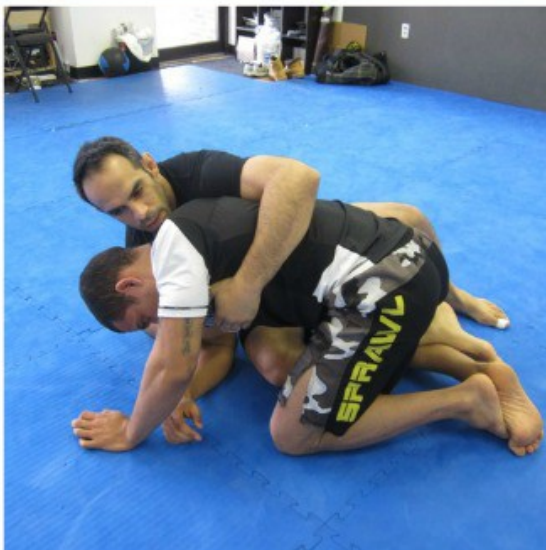
2.
Ken brings his right hand to Kelvin's armpit.



3.
Ken pendulums his left leg up as he pulls Kelvin's arm toward him.



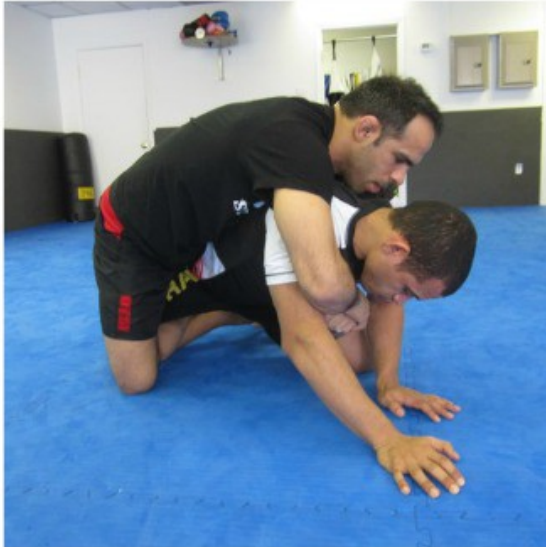
4.
**Ken kicks his
 left leg down to
 bring himself up.**



5.
**Ken grabs around
 Kelvin and holds
 tight. Ken keeps his
 chest tight to Kelvin's
 shoulder. When Kelvin
 lifts up he will lift Ken
 with him and help Ken
 up if Ken stays glued to
 him.**



6.
**Ken posts his right
 hand out for support.
 Ken also brings his
 right knee out to break
 Kelvin's base down.**



7.
Ken now attains a seatbelt grip and shows how he brought his right knee out.



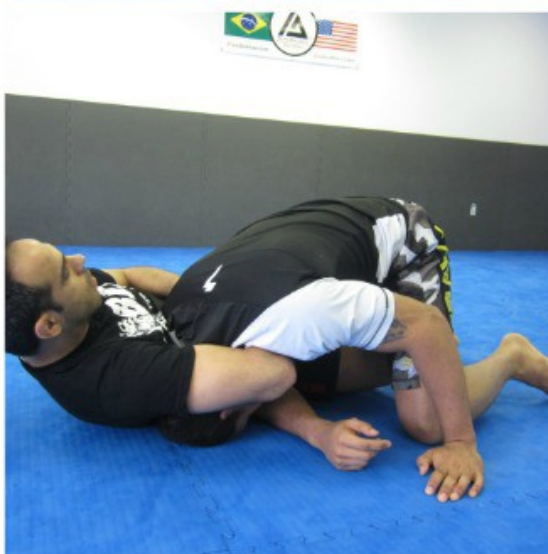
8.
Ken climbs higher and has his chest glued to Kelvin.



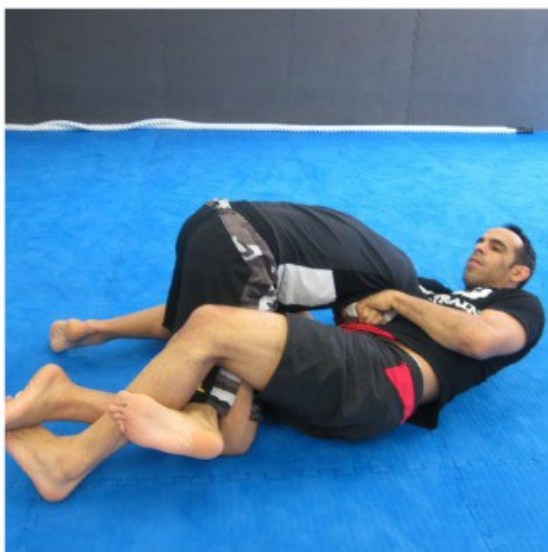
9.
Ken goes for the second hook with his left leg and Kelvin thwarts the process by bringing his left elbow down hard, leaving no space.



10.
Ken immediately switches his hands. Ken's left hand comes to his side while his right arm barely drapes over.



11.
Ken drops to his back and has the head and arm similar to the technique prior.



12.
Ken gets what is called a lockdown with his legs. Take a second to note the details. This will effectively push Kelvin's hips away as Ken pulls his elbows up.



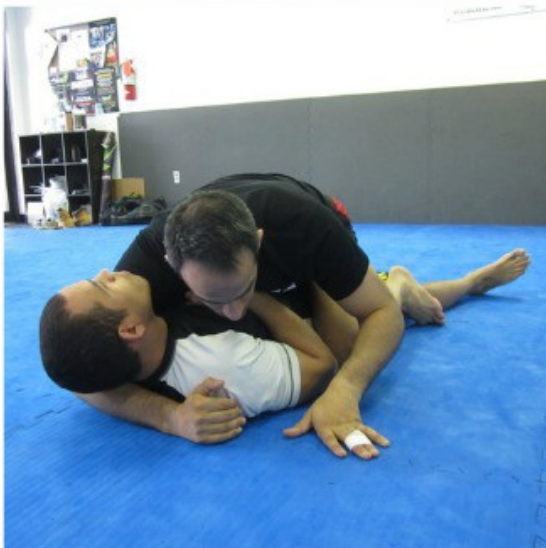
13.
Ken extends his legs
and pulls his elbows up
for the tap.



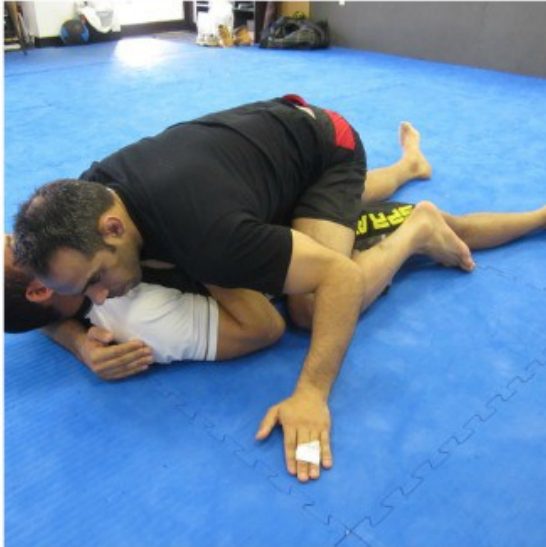
1.
Ken is mounted on top of Kelvin.



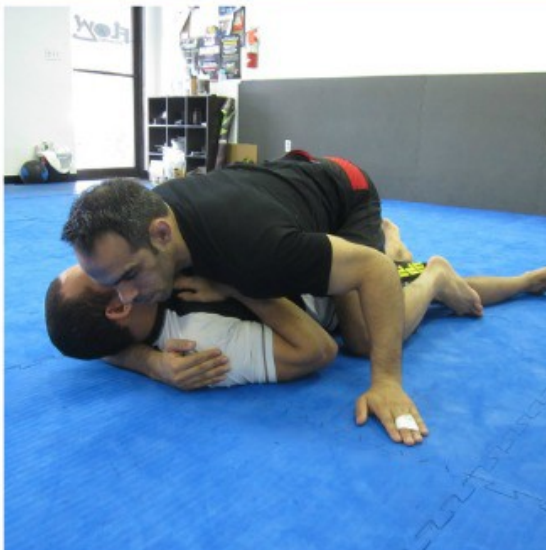
2.
Kelvin's head and elbows are touching the mat. Ken lowers his forearm near Kelvin's neck. Ken is not looking to hurt him, he is looking to make it uncomfortable for Kelvin. Ken presses down slightly so Kelvin lifts his head.



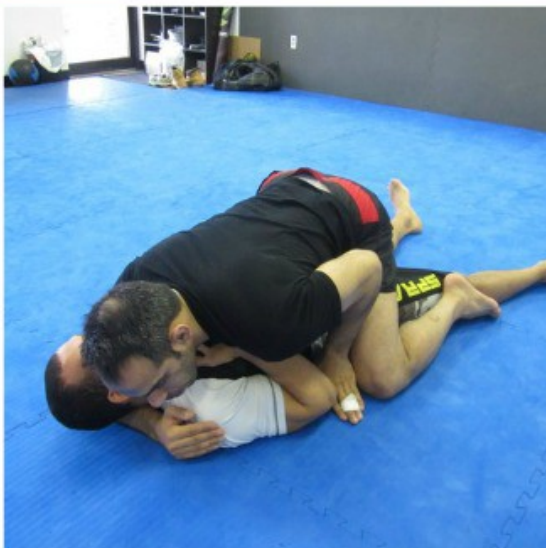
3.
Ken quickly slides his right arm under Kelvin's neck. Ken anticipated Kelvin lifting his head and was ready to make the transition. Ken lowers his chest.



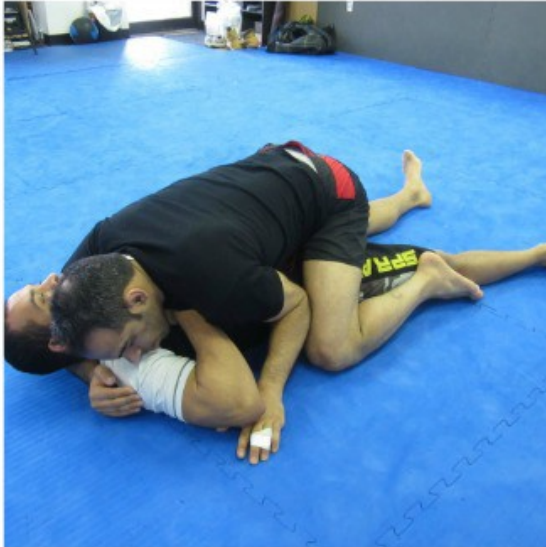
4.
Ken grabs Kelvin's shoulder and lowers his chest on Kelvin's right fist.



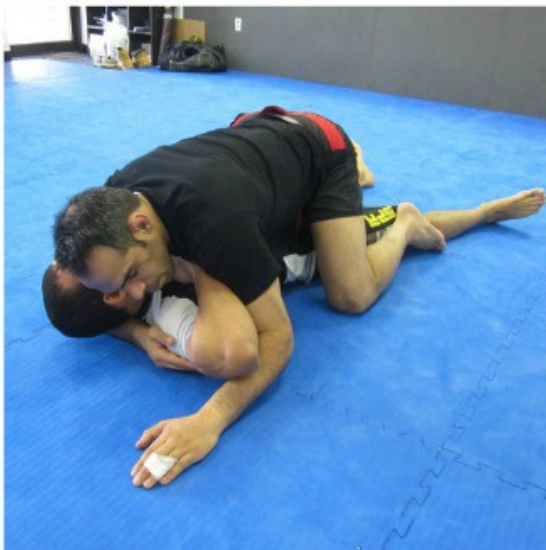
5.
Ken raises his chest a bit while on Kelvin's fist.



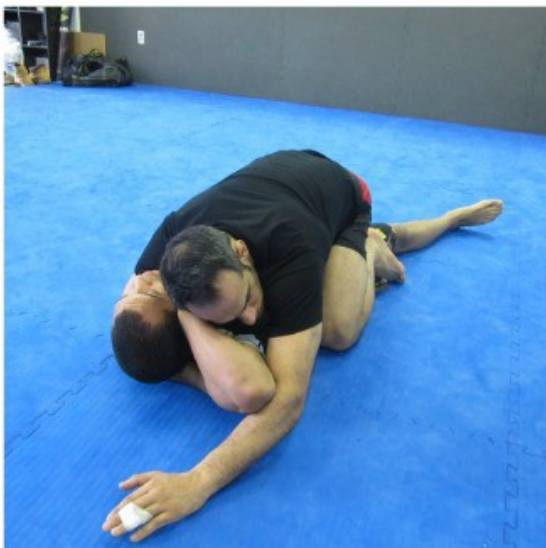
6.
Ken now slides the left heel of his hand under Kelvin's elbow.



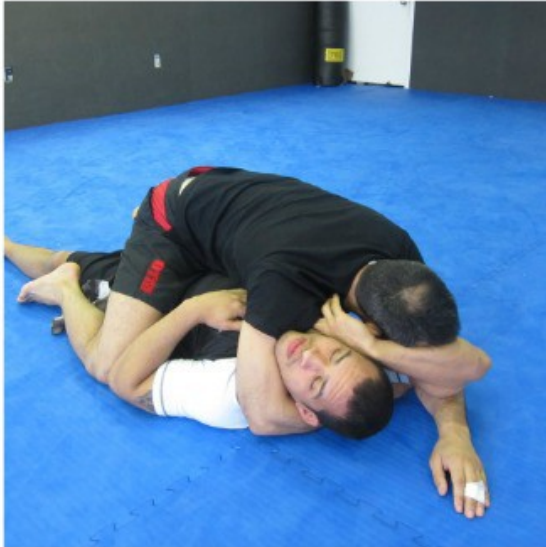
7.
Ken crawls his left hand forward at an angle. Ken wants to fight against the shoulder and not the pectoral.



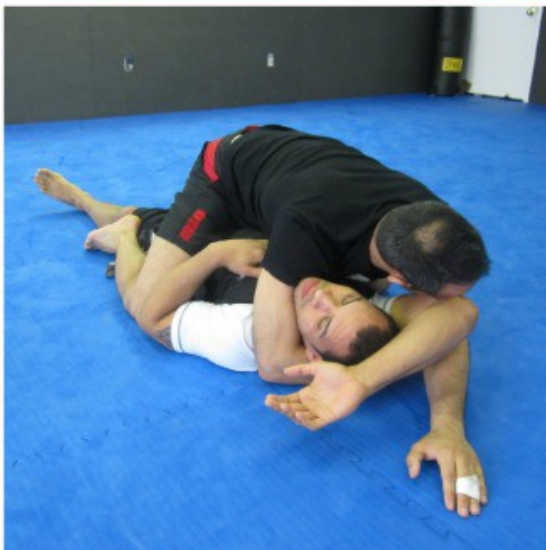
8.
Ken slowly drives his chest up as he crawls his fingers up. Ken's elbow is beneath Kelvin's so Kelvin cannot slide his right arm back inside.



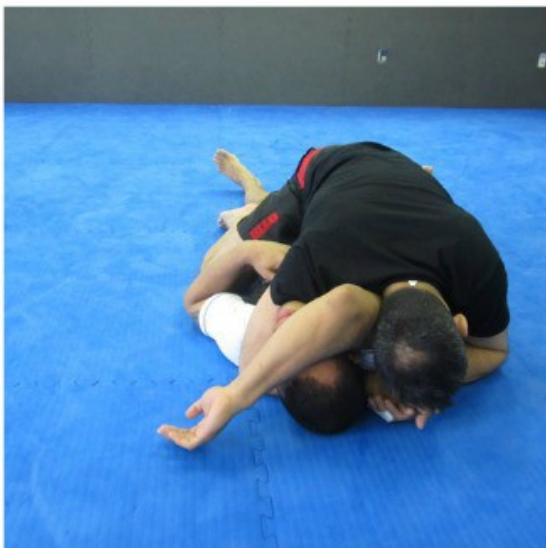
9.
Ken continues to crawl his hand and chest forward.



10.
Ken crawls up inch by inch. Kelvin is trying to bring his arm back inside. Ken is in no rush and uses his head to help block Kelvin's arm from coming in. Ken is also still walking his fingers around, now, more toward the inside.



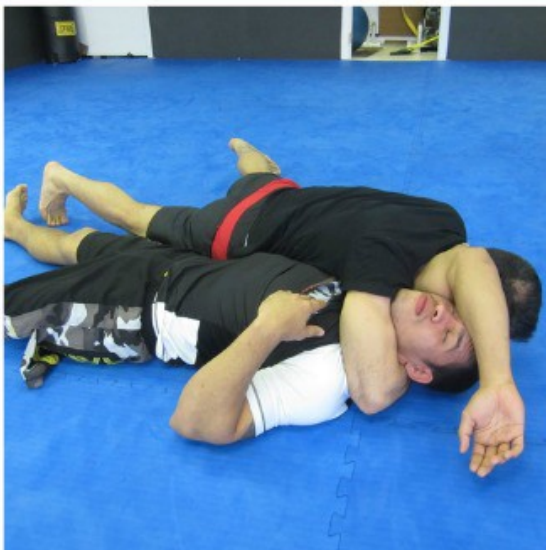
11.
Ken now moves his head to the outside of Kelvin's elbow. Ken still holds onto the shoulder with his right hand.



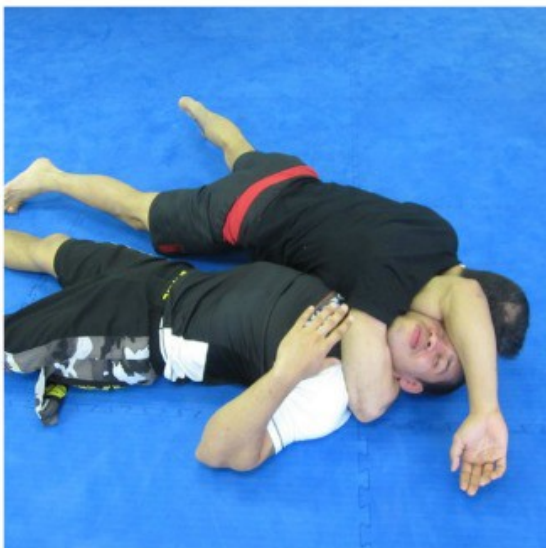
12.
Ken lowers his head when he is sure he has Kelvin's elbow beat. Ken now clasps his right hand over his left. Some people use a four finger grip or a Gable grip. Ken uses a Gable grip.



13.
Ken brings his right knee high and swings his right foot over and across Kelvin's hip.



14.
Ken is now on his toes and very close to Kelvin's hips with his hips.



15.
Ken inhales deeply. Ken squeezes his biceps and squeezes his elbows toward one another, obviously they won't literally make contact, it is the squeeze that matters. Ken's shoulder should be under Kelvin's chin and on his neck. Ken walks on his toes to an angle toward Kelvin's far shoulder.